Celeb Pg 18

Paltrow draws scorn of PETA

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VANCOUVER • TUESDAY, AUGUST 19, 2008 metronews.ca

Clement questions ethics of injection site

CMA Federal Health Minister Tony Clement questioned the ethics of health-care professionals who support supervised injection sites during a speech yesterday at the Canadian Medical Association's (CMA) annual meeting in Montreal yesterday.

Clement questioned whether it was ethical for medical professionals to support the administration of drugs that can not be legally prescribed and are unknown in terms of substance, purity or potency, CBC News Online reported yesterday.

However, CMA president Brian Day said 80 per cent of the association supports harm reduction through supervised injection sites.

The minister said Insite — Vancouver's supervised injection site that has operated in the Downtown Eastside since 2003 — has not reduced overdose deaths, because narcotic use outside the site is still high.

METRO NEWS SERVICES

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Your Health pg 15

Transit sheds the pounds?

Please recycle

Comeback kid

Sweet silver

RICHARD LAUTENS/TORSTAR NEWS SERVICE

Victoria's Simon Whitfield won silver early this morning in the triathlon in dramatic style at the 29th Olympiad in Beijing. Whitfield fell behind the lead trio before surging back into contention late in the race. More coverage, pages 12, 14.

Carrying the torch

KRISTEN THOMPSON
kristen.thompson@metronews.ca

Mayor Sam Sullivan barely squeezed through the doorways at City Hall yesterday while testing out the wheelchair attachment city engineers designed to hold the Paralympic Torch in Beijing.

Sullivan, who is heading to China today, is one of only a few non-Chinese participants in the Paralympic Torch relay on Sept. 5.

"I think (it's) in recognition of Vancouver and Canada being the next host," said Sullivan.

"I put a lot of effort into raising the profile of the Paralympic Games and it's important … to be in China to say that people with disabilities can work and take their place in society."

"I think that's a message that really needs to be told."

The flag holder, a triangular piece of metal embossed with the city's crest and attached to the side of his chair, is the same one he used when he accepted the Olympic flag in Torino.

It's been upgraded with an adjustable strap that holds the torch.

Rob Veer, a mechanical technologist who helped designed the appendage, said they only had two weeks to design the torch holder.

"We've just been given a few dimensions to work with," he said, adding it's not sure how wide the grip or how tall the flame will be.

"We're trying to keep the mayor from going up in flames," said Sullivan.

The mayor has had other attachments to his wheelchair, but none compare to this newest device.

"This is my favourite one," he said, patting the flag and torch holder.

"This has been one of (my) most powerful and symbolic duties."

One multi-purpose chair

KRISTEN THOMPSON/METRO VANCOUVER

- The mayor's chair has been outfitted with a device that pitched a baseball at a Vancouver Canadians game.
- He has a shovel for groundbreaking ceremonies at completed social housing sites.
- Sam Sullivan also has a gadget that lets him through doors at City Hall.

COPE turns to Facebook for input

KRISTEN THOMPSON
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PLATFORM Taking a tip from the Facebook generation, the Coalition Of Progressive Conservatives (COPE) has announced it's using the popular social networking site to develop its policies and election platform.

Party organizer Rachel Marcuse said COPE will also be using blogs to generate discussion and input on civic policies.

"In far too many cases in the past, policies and platforms were cobbled together in the proverbial back room by insiders and policy wonks," she said.

"Now, with contemporary and open-source technology, that process is being democratized so that anyone who has access to a computer can get involved."

COPE members traditionally debate and approve the policies that make up the party's platform at daylong policy conferences, with this year's being held on Sept. 14.

"This year … people will come to the policy conference a lot more prepared and informed," said Marcuse.

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Price hops on TransLink panel
Former Vancouver councillor Gordon Price will replace ex-premier Mike Harcourt as the council of mayor's representative on a five-member panel to screen potential TransLink board members. METRO NEWS SERVICES

Local

Neil Young to play GM Place

Music icon Neil Young will visit Vancouver Oct. 22 as part of his eight-week North American tour. Tickets for the GM Place show go on sale Friday. METRO VANCOUVER

News in brief

DROWNINGS Two SFU students drowned in separate incidents at a lake in Manning Park, east of Hope this weekend, news1130.com reports. On Sunday, a 19-year-old hiker drowned during a quick post-hike swim in Lightning Lake. A day earlier, a 28-year-old Chinese exchange student went missing for about 20 minutes before he was found floating in the water. Bystanders performed CPR for 90 minutes.
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What's online today.

Read Allan Small's Investment Perspective for a look at opportunities to profit from the downtrodden financial markets
Watch reports on the resignation of Kandahar's controversial governor and on Canada's continued success at the Beijing Olympics
Check movie showtimes, trailers and reviews at metronews.ca/movies
Search for jobs using Metro's Workopolis search
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City shares green ideas

Canadian municipal leaders come here for building tips

ANDREA WOO
for Metro Vancouver

Municipal leaders from across the country are in town this week looking at some exemplary green sites as part of a week-long tour of sustainable communities.

Yesterday, the group of more than 30 people from the Federation of Canadian Municipalities (FCM) — which included councillors and mayors — toured the National Works Yard near the Main Street SkyTrain station.

It has a gold rating under the Leadership in Energy and Environmental Design (LEED) system and is considered a model of energy efficiency, using up to 55 per cent less energy than traditional buildings.

Berry Vrbanovic, councillor for the city of Kitchener, Ont., and vice-president of the FCM, was in attendance.

ANDREA WOO/FOR METRO VANCOUVER

Berry Vbranovic, councillor for the city of Kitchener, Ont., and vice-president of the Federation of Canadian Municipalities, outside the National Works Yard yesterday.

"One of the things that Vancouver does very well is the whole planning process," he said. "Ensuring, for example, that new buildings are taking into account various sustainability practices."

Vrbanovic said a report written based on the findings of the tour will be posted on the FCM website.

This is the first time the FCM has brought its Sustainable Communities Mission to B.C.

Today's stops

- Today the FCM will tour the Southeast False Creek Olympic Village and the Metro Vancouver Waste-to-Energy facility in Burnaby.

Man Tasered, arrested after beach scene

CHARGES A man was Tasered and arrested for allegedly going berserk on Locarno Beach Sunday.

At about 8:30 p.m., Jean Pierre Rouilles, a 38-year-old from Burnaby, was arrested after a man was seen knocking down a lifeguard chair and throwing a sign into the ocean. When a lifeguard attempted to speak to him, the man struck the lifeguard in the head and meandered west along the beach. The lifeguard called police as the man continued knocking chairs and swearing at beach-goers.

Const. Jana McGuinness said when police arrived, the man resisted arrest.

"After a prolonged struggle with officers, the man was Tasered and arrested, bringing the incident to a safe conclusion," she said.

Rouilles has been charged with one count of assault, one count of mischief under $5,000 and one count of resisting a peace officer.
ANDREA WOO/FOR METRO VANCOUVER

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Mail delayed by bears
Mail delivery to houses in Port Coquitlam were delayed last week because of bear sightings, Canada Post said yesterday. METRO VANCOUVER

METRO FILE PHOTO/RAFE ARNOTT

Sunshine and blue skies brought the crowds out in droves to the PNE to take in the attractions like the Toontastic Parade, seen here at last week's event preview.

Clouds great for PNE

KRISTEN THOMPSON
kristen.thompson@metronews.ca

Don't let this week's less than perfect weather keep you indoors.

Laura Ballance, a spokesperson for the PNE, the much-anticipated annual 17-day fair that opened on Saturday, said overcast days are the ideal time to visit the park.

"The perfect fair weather, people might not know, is high clouds," she said. "The lines aren't as big."

"Rain, obviously is very tough, but I think most Vancouverites know if you don't go out in the rain you don't go out for several days. We're a hardy bunch … As long as you dress for the weather, you'll do fine."

Ballance said the weather was partly to thank for bringing people out in droves on opening day.

Admission was free from 9 a.m. until noon on Saturday, and people started lining up at 7 a.m.

She said many shows and events were at capacity.

"Super Dogs was probably a record show on Saturday," said Ballance.

"We closed it off at around 10,000 people, which is admirable by rock concert standards."

"The Peking Acrobats have had capacity shows every show (and) … we're anticipating Kevin Bacon to be really popular."

The fair will be turning 100 years old in 2010.

"We're already working on programming for that year," Balance said.

attendance

- The fair usually has between 900,000 and one million visitors.
- About 30 per cent of the fair's attendance is on Labour Day weekend.

VANOC to tackle empty seats

OLYMPICS While organizers claim that all of the nearly seven million tickets for the Olympic Games in Beijing have been sold, many athletes are still competing to an ocean of empty seats.

This is one of the problems that the Vancouver Organizing Committee is working to prevent when the 2010 Winter Games descend upon the city.

Dave Cobb, executive vice-president of VANOC, told reporters in Beijing that the committee will be limiting the percentage of tickets available to sponsors and members of the media to about 30 per cent.

One of the reasons for the disparity between ticket sales and attendance is that some people no longer wish to attend when the team or athlete they are rooting for has been eliminated.

Another reason is that tickets obtained by scalpers and sponsors often go unused.

Cobb said fixing the empty seat problem is more so an issue of atmosphere and athlete morale than revenue, as the tickets have already been sold.

ANDREA WOO/
FOR METRO VANCOUVER

reselling tickets

- VANOC will be bringing in new technology that allows sold but unused tickets to be resold to last minute customers — something that is not happening in Beijing.

3 injured in fire at suspected drug lab

SURREY Three people are in hospital after a fire at a suspected drug lab in Surrey yesterday.

Fire crews were called to the 15998 98th Ave. house around noon. The blaze was extinguished and chemicals were found inside.

Surrey's deputy fire chief Gord Anderson said a man in his 30s was taken to hospital for serious burns and two others were taken for smoke inhalation.

Cpl. Jack Hundial said Surrey RCMP had executed a search warrant and discovered a drug lab in May 2006.

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News in brief

ACCIDENTAL The drowning of a 23-year-old Victoria woman Saturday in Chilliwack is being treated as an accidental death, RCMP said yesterday, after finding no indication of foul play or criminal negligence. B.C.'s Coroners Service is continuing to investigate the accident.

STABBING A 23-year-old Maple Ridge man was stabbed near Buttar Exotic Lounge yesterday morning. The man suffered non-life-threatening injuries.

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DEET stinks for mosquitoes

DEET, the widely used mosquito repellent, does not block the insects' sense of smell, but simply stinks to them. U.S. researchers recorded signals from neurons in the antennae mosquitoes use to smell and determined they were stimulated in a way that suggested the odor was unpleasant. REUTERS

Canada/World

PM rallies Tory camp

Harper makes election-style stops in southern Ontario

Prime Minister Stephen Harper kicked off a quick swing through the GTA and southwestern Ontario with a campaign-style speech that served as a rallying cry to party faithful.

With four byelections looming and the strong whiff of a federal fall election in the air, Harper mocked Liberal Leader Stéphane Dion as a weak leader who never made good on his threat to defeat Harper's government.

Harper

Harper said the current Parliament "has become quite a soap opera." The Prime Minister did not repeat his suggestion of last week that he might move to dissolve his own government, but quoted Liberal deputy leader Michael Ignatieff's comment to a B.C. radio station the Liberals were ready for Harper to "bring it on."

He said the Liberals' claim their "green shift" scheme would cut some taxes "is not believable."

Still, recent polls show Harper has work to do in Ontario, where Liberals have a lead at the moment.

Jeff Walker, of Harris-Decima, said leadership is an issue facing both the Liberals and the Conservatives in the eyes of Ontario voters.

That leaves Harper fighting to push his message to swing voters in order to make electoral gains, if he wants to secure another minority. TORSTAR NEWS SERVICE

Majority unlikely

- Jeff Walker of Harris-Decima polls said a majority government doesn't appear to be "in the cards" for any party.

Chretien says Olympic bypass costly for Canadians

BEIJING In bypassing the Beijing Olympics, Prime Minister Stephen Harper has undermined the work that every Canadian leader since John Diefenbaker has poured into improving relations with China, Jean Chretien said yesterday.

The former prime minister called Harper's decision to skip the opening ceremonies a mistake with potentially costly consequences for trade.

"It is the second-biggest economy in the world and, in 50 years, it will be the biggest economy in the world," Chretien said.

Harper's office noted Chretien missed several Olympics while he was prime minister. TORSTAR NEWS SERVICE

News in brief

OCCUPATION Russian troops and tanks were still deployed in several areas of Georgia today, apparently defying pressure from the West to withdraw quickly. Armed Georgian policemen and Russian soldiers guarded separate checkpoints only a few hundred metres apart in the village of Igoeti in central Georgia, about 45 km from the Georgian capital, Tbilisi.

WEATHER Tropical Storm Fay swept over the Florida Keys with heavy rain and winds and churned toward the Florida mainland yesterday. The sixth storm of the 2008 Atlantic season did not reach hurricane strength before rolling across the Florida island chain, where authorities reported minor flooding. But forecasters said it would likely be at or near hurricane force when it strikes the west coast of Florida today.

BLAST A Taliban suicide bomber rammed an explosives-packed car into the gate of the main U.S. military base in southeastern Afghanistan yesterday, killing 10 civilians as the country observed its Independence Day. The bombing comes at a time of heightened security as military and diplomatic officials warned intelligence reports indicated the al-Qaida-backed Taliban were planning a large attack to coincide with the celebrations. REUTERS

MIAN KHURSHEED/REUTERS

Pakistan's President Pervez Musharraf salutes as he leaves the presidential house after his resignation in Islamabad yesterday.

Pentagon plays down departure

Instability in Pakistan always has the Pentagon worried about two things above all — the country's nuclear arsenal and the fight against al-Qaida and the Taliban in areas bordering Afghanistan.

But U.S. officials are playing down the impact the resignation of Pakistani President Pervez Musharraf, long seen as a key U.S. ally, will have on either issue.

As Musharraf's position has weakened in recent months, U.S. officials have strengthened relations with both Pakistan's military leadership, in particular Army Chief of Staff Gen. Ashfaq Kayani, and the government elected earlier this year.

"We enjoy a good … defence relationship," said Pentagon spokesman Bryan Whitman. "We work very closely with the military, particularly along the border region and we would hope and expect that that would continue."

The U.S. military did not have any immediate concerns about the safety of Pakistan's nuclear weapons as a result of the resignation, a military official said.

The official did not elaborate, but analysts said Pakistan's nuclear arsenal was under the firm control of the military, and that would not change with Musharraf's departure.

The impact on efforts to defeat Islamist militants in tribal areas in eastern Pakistan is harder to assess. REUTERS

Business

Visa, banks launch anti-fraud program

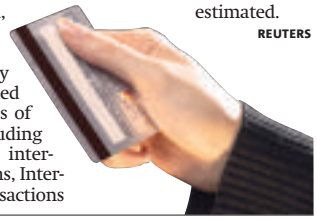
NEW YORK Visa Inc. and eight U.S. and Canadian lenders have launched a pilot program designed to alert cardholders in real time that they might be victims of fraud.

Visa, the world's largest card network, said the test will provide as many as 2,000 cardholders with alerts via e-mail or through their mobile devices within seconds of their cards being used, rather than within hours or days.

Participants may choose to be alerted to a variety of types of card usage, including ATM withdrawals, international transactions, Internet or phone transactions and transactions above specified amounts.

Canadian lenders taking part in the pilot program are Royal Bank of Canada, Toronto-Dominion Bank and Vancity, Canada's largest credit union.

Card companies report losses approaching $50-billion U.S. annually because of credit card fraud, the nonprofit Consumer Action has estimated. REUTERS



BlackBerry Bold hits Canada Thursday

SMARTPHONE Rogers Communications Inc., the owner of Canada's biggest wireless carrier, will start offering Research In Motion Ltd's new BlackBerry Bold Thursday, the telecom firm said. The Bold is RIM's most advanced smartphone to date and is the first BlackBerry to support high-speed HSDPA cellular networks. It comes with integrated GPS, Wi-Fi and a host of multimedia features, including the most vivid display ever on a BlackBerry, a 2-megapixel camera with video recording capability and a media player for movie and music collections. A Rogers spokeswoman said pricing details were not immediately available. RIM shares finished at $135.56 on the TSX yesterday. REUTERS

In brief

PETROLEUM Oil fell to $113 U.S. a barrel as fears eased that Tropical Storm Fay would not damage major oil and gas infrastructure in the Gulf of Mexico. While some offshore personnel had to be evacuated, it appears the storm will miss crucial production and refinery facilities.

STOCKS The prospect of more losses from the mortgage crisis hurt bank shares and the two biggest home finance providers yesterday, pushing all three major indexes down about 1.5 per cent. Fannie Mae and Freddie Mac shed more than 20 per cent each after Barron's reported the U.S. Treasury may need to bail out the home finance giants. REUTERS

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Your Money

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

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SmartCookies

Thinking about starting your own business? Looking to make more money in your current position? Or thinking of moving into a new position altogether? If you answered yes to any of these questions, then what you need is a mentor.

Mentors have 'been there, done that' and can provide honest and thoughtful feedback. They can also answer your questions from a place of experience and insight. Each Smart Cookie has a mentor of her own and our business has assembled a Board of Advisors to help us with anything and everything needed to succeed.

So before you quit your day job to start a dog grooming empire, you might want to search out a profitable company doing just that and spend a few days seeing if you: A) actually like washing dogs and B) have the resources and energy needed to launch your own initiative.

Here are some of our favourite tips on how to find a mentor:

Source out mentorship programs in your local area. A lot of these organizations are national programs with local chapters. Some require an annual fee to join. For that fee, you are connected with a mentor and also have the opportunity to attend monthly meetings. Often times there are events and educational seminars throughout the year where you can learn more about topics like negotiation, starting a small business, financing a business and much more. The FEW, or Forum For Women Entrepreneurs, is a Smart Cookie favourite and we have been lucky to gain one of our own mentors here. To learn more check out fwe.ca.

The FEW, or Forum For Women Entrepreneurs, is a Smart Cookie favourite. To learn more check out fwe.ca.

Use your network wisely. We all have a network of friends and family. And often these people are eager to offer up their support and even their own connections. Why not take full advantage of the fact that these individuals want to lend a hand? If it is you who is approaching contacts for help, be sure to be clear about your expectations, and be open and willing to learn from these people. And most importantly, if you need something, ask. What's the worst that can happen?

Blogs, blogs and more blogs. Mentoring doesn't have to take place face-to-face or even over the phone. The advice that you need can sometimes come in the form of online experts. Blogs, such as Loaded Bow (loadedbow.wordpress.com), seek out the experience and accomplishments of entrepreneurs and share this information in hopes that it may benefit others who wish to emulate their successes. We like Google Reader because we can get our favourite blog updates fed directly to our email accounts. Visit commoncraft.com/rss_plain_english for more information.

If you have questions for the Smart Cookies, e-mail us at smartcookies@metronews.ca.

Tune in Wednesday night at 9 p.m. EST/PST on the W Network and be sure to visit smartcookies.com for more tips.

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Reader wonders: Why buy?

Q Since university, I have rented an apartment for the past seven years. This has given me an opportunity to save and invest without the obligations of a mortgage and enlarging profit margins for banks. Home-ownership is a facade and another mechanism used by the large financial institutions to own people. Why do so many people take such extreme measures to own a home?

Gerry

InvestmentPerspective

Read Allan Small's column online at metronews.ca

A The banking industry have their own advocates and I may not be their first choice. Although banks can reap absurd profits, it comes with risk. Investors continue to be hesitant to invest in the financial industry, at least until the U.S. debacle can be measured.

Although homeownership has financial paybacks for the owner, the emotional satisfaction is the greatest. Individuals take pride in their home, from the dirt in their fingers from growing vegetables to weekly visits to their chiropractor after buiding a new deck.

Canadians have always desired to own a home. I applaud the discipline and insight you have but not everyone is as gifted. For many, buying a home is a form of forced saving and the only asset for their retirement. A house continues to be the most valuable asset owned by an individual.

MoneyMatters

Henry Choo Chong
choochonghcga@yahoo.ca

Henry Choo Chong, CGA provides professional accounting and taxation solutions, choochonghcga@yahoo.ca.

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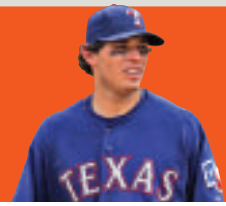
Dodgers on verge of acquiring Maddux: Report

The Los Angeles Times reported last night that the Dodgers had agreed to the terms of a deal with the Padres for veteran right-hander Greg Maddux. Citing an anonymous person close to the deal, the newspaper did not know who San Diego would receive in return. METRO NEWS SERVICES

Sports



Rangers' Kinsler goes on DL

Texas Rangers second baseman and American League MVP candidate Ian Kinsler, left, was placed on the 15-day disabled list yesterday with a sports hernia. Coming into yesterday's action, Kinsler, 26, led the majors in hits (165) and runs (102) while posting a superb .319 average with 41 doubles, 71 RBI and 26 steals, all of which have already surpassed his previous career-highs. METRO NEWS SERVICES

EDITOR: JONATHAN P. KUEHLEIN, SPORTS@METRONEWS.CA

Sports in brief

NFL The Chicago Bears announced yesterday that quarterback Kyle Orton will line up under center in the team's season opener Sept. 7 in Indianapolis. He beat out Rex Grossman, who started the last two seasons for the Bears, for the job.

Kyle Orton

CFL There was a new body in the B.C. backfield yesterday at practice, as former Cincinnati Bengal Terrance Whitehead has signed with the Lions. Whitehead's arrival could signal the end of Joe Smith's tenure with the Leos. Smith has been relegated to the role of backup behind rookie running back Stefan Logan following a slow start to the season.

METRO NEWS SERVICES

SCOREBOARD

MLB

YESTERDAY'S RESULTS
AMERICAN LEAGUE
Boston 6 Baltimore 3
Chicago White Sox 13 Seattle 5
Detroit 8 Texas 7
Oakland 3 Minnesota 2
Tampa Bay 6 L.A. Angels 4
NATIONAL LEAGUE
Milwaukee 9 Houston 3
Pittsburgh 5 N.Y. Mets 2
San Francisco 5 Atlanta 0

TONIGHT'S GAMES
AMERICAN LEAGUE
Boston at Baltimore, 4:05
Kansas City at Cleveland, 4:05
N.Y. Yankees at Toronto, 4:07
L.A. Angels at Tampa Bay, 4:10
Detroit at Texas, 5:05
Oakland at Minnesota, 5:10
Seattle at Chicago White Sox, 5:11
NATIONAL LEAGUE
Washington at Philadelphia, 4:05
Atlanta at N.Y. Mets, 4:10
Houston at Milwaukee, 5:05
Cincinnati at Chicago Cubs, 5:05
Pittsburgh at St. Louis, 5:15
San Diego at Arizona, 6:40
Colorado at L.A. Dodgers, 7:10
Florida at San Francisco, 7:15

CFL

WEEK 9
THURSDAY'S GAME
Saskatchewan at Edmonton, 6
FRIDAY'S GAME
Calgary at B.C., 7:30

SOCCER

GAMES FEATURING THE VANCOUVER WHITECAPS MEN'S TEAM:
TOMORROW'S GAME
VANCOUVER at Seattle, 7

BASEBALL

NORTHWEST LEAGUE GAMES FEATURING THE VANCOUVER CANADIANS:
LAST NIGHT'S RESULT
VANCOUVER 6 Boise 5
TODAY'S GAME
Boise at VANCOUVER, 1:05

Coach blames Bertuzzi

Crawford denies having any role in attack on Moore

Former Vancouver coach Marc Crawford claims that Todd Bertuzzi acted in "direct disobedience" to instructions from the Canucks bench during the March 8, 2004 NHL game in which he attacked Colorado forward Steve Moore, breaking his neck and ending his career, according to court documents obtained by Torstar.

Crawford, in documents filed with the Ontario Superior Court of Justice, pleads that the Vancouver coaching staff was trying to get Bertuzzi off the ice before his infamous sucker punch on Moore.

"Just prior to the attack on Moore, Bertuzzi had been on a shift to kill a penalty, had missed the shift change and had remained on the ice for longer than the rest of his line," states Crawford's third-party defence.

Bertuzzi

"After being directed to get off the ice, Bertuzzi was on his way back to the bench when, suddenly and without warning, he turned around and skated back in the direction of Moore … and attacked Moore. This was not done under any specific or general direction or encouragement from Crawford, was a direct disobedience of the instruction that Bertuzzi had been given from the bench to get off the ice, and was a violation of Bertuzzi's duties which Crawford could not be expected to have reasonably anticipated, let alone control."

Crawford filed his defence last month in response to a third-party claim by Bertuzzi that the coach should pay any damages that are awarded to Moore. Moore and his family previously filed a lawsuit seeking $38 million for loss of income and damages. Named as defendants were Bertuzzi, the Canucks and Orca Bay, the company that owns the NHL franchise.

Bertuzzi, in his subsequent claim, stated that his behaviour that night was prompted by Crawford's "negligence" and the coach's message to his team that Moore had to "pay the price" for an incident in a previous game in which Vancouver forward Markus Naslund was injured as the result of a bodycheck from Moore.

Bertuzzi was charged with assault and pleaded guilty.

None of the other allegations have been proven in court. Examination and mediation in the lawsuit is expected later this year.

TORSTAR NEWS SERVICE

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Study

Only 10 of the 10,500 athletes competing in the Beijing Olympics are openly gay, according to a study by a gay website. Nine of the gay athletes named by Outsports.com were lesbians. REUTERS

Beijing Games

EDITOR: JONATHAN P. KUEHLEIN, SPORTS@METRONEWS.CA

Loss could be final blow for Canada

BASEBALL Canada's medal hopes all-but-disappeared with a 1-0 loss to Japan in Olympic baseball yesterday in Beijing.

Atsunori Inaba's fifth-inning solo home run powered Japan to victory and back into the medal chase improving their record to 3-2 while Canada fell to the bottom of the heap with just one win.

Canada loses, but still advances

SOFTBALL Canada's women's softball team has advanced, keeping their medal hopes alive.

Despite losing their last four games the Canadian squad moves on after Venezuela was beaten by Australia. Canada (3-4) now faces Australia (5-2) tomorrow in the semifinals.

METRO NEWS SERVICES

Solid silver linings

Whitfield, Cockburn, jumping team deliver

Add three more silvers to Canada's medal haul.

Victoria's Simon Whitfield won his second Olympic medal early this morning with a silver in the men's triathlon.

Whitfield, a gold medallist in Sydney in 2000, came from behind then broke free from the pack and held the lead down the stretch, but was passed with 100 metres to go by Germany's Jan Frodeno.

"I kind of fought my way on there, and I thought there's no time like the present," Whitfield told the CBC. "I tried to make it a battle of pure willpower. I gave it everything I had."

Yesterday in Beijing, Toronto's Karen Cockburn bounced back from a painful right knee injury to win silver in the trampoline competition.

OnlineVideos metronews.ca

Soon after, 61-year-old Ian Millar of Perth, Ont., and his teammates — Eric Lamaze of Schomberg, Ont., Jill Henselwood of Oxford Mills, Ont., and Mac Cone of King City, Ont. — also brought home a silver finish, this time in in equestrian team show jumping.

The medal is Millar's first in nine trips to the Games.

Asked how it feels to get a medal after nearly four decades of trying, Millar replied, "If you persevere long enough, if you do the right things long enough the right things will happen. That's the definition of perserverance and I've always been a perserverere."

Cockburn, who said she was in such pain on Sunday that she took a complete 24-hour rest and a handful of medication, now has three Olympic medals after bronze in Sydney and silver in Athens.

"It's so hard to believe," Cockburn said. "I just started this sport for fun. It wasn't even an Olympic sport. Then it got into the Olympics. I went to three Games. I have a third medal.

"I do this sport for fun and this is just bonus and it's amazing and I'm just trying to soak it in."

METRO NEWS SERVICES

DESMOND BOYLAN/REUTERS

Victoria's Simon Whitfield fell back to fourth with just less than two kilometres to go in the men's triathlon early this morning in Beijing, but dug deep to battle back to win the silver medal.

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Athletics
Russia's Yelena Isinbayeva dazzled the crowd yesterday with a flamboyant, world-record breaking display of pole vaulting — setting a new high mark of 5.05 metres en route to a gold medal yesterday in Beijing. REUTERS

Beijing Games

Sports in brief

DIVING Montreal's Alexandre Despatie has advanced to the final in men's 3-metre springboard diving. Despatie had a strong performance in the semifinal, finishing second behind He Chong of China. He will compete tomorrow hoping to add a gold to the silver he won in the same event in Athens four years ago. Despatie was consistent in all six of his dives, recording an overall score of 518.75.

METRO NEWS SERVICES

Medal count

Rank	Nation				Total
#1	U.S.	22	24	26	72
#2	China	39	14	14	67
#3	Russia	8	13	15	36
#4	Australia	11	10	12	33
#5	France	4	11	13	28
#6	Britain	12	7	8	27
#7	Germany	9	7	7	23
#8	South Korea	8	9	6	23
#9	Japan	8	5	7	20
#10	Italy	6	6	6	18
#11	Ukraine	5	3	8	16
#12	Netherlands	3	5	4	12
#13	Cuba	1	5	5	11
#14	Belarus	1	3	7	11
#15	Canada	2	3	4	9

(Count at the end of Day 10)

Persistence key for elite athletes

Olympic all-stars rebound after team failures to excel as solo competitors

YorkReport

Marty York
marty.york@metronews.ca

Adam van Koeverden is a kayaking king, a heavy favourite for Olympic gold this week.

And, yet, it wasn't all that long ago when this same young man from Oakville, Ont., suffered from an inferiority complex.

"I used to feel weird in gym class (less than 10 years ago) because I wasn't good at any team sports," van Koeverden mentioned before he flew to Beijing, where he qualified yesterday for the men's 1,000-metre final with a dominating opening-heat performance he led from start to finish. "I felt inferior. I couldn't really dribble a basketball or kick a soccer ball."

What's remarkable is how common this is. Many athletes in Beijing flopped in other sports before turning to theirs.

Would you believe 23-year-old swimming sensation Michael Phelps — yes, the same American dude with the unprecedented eight gold medals — was cut by a kid's baseball team?

Oh, and the world's fastest man, Usain Bolt? He's a record-setting sprinter, of course, but couldn't crack a Jamaican soccer team during his pre-teens.

"It's amazing how often you see athletes succeed in individual sports after they've experienced setbacks in team sports," said Bob Bowman, who has coached Phelps since the swimmer was 11. "Team sports are emphasized more when we grow up, by our parents and our schools. Kids often get depressed when they don't make it in team sports, but that's also when they often check out individual sports, exactly what happened with Michael."

Bowman spotted Phelps as a pool prodigy in Baltimore. It was Bowman, a college swimmer-turned-coach with a degree in child psychology, who convinced Phelps' parents he had the talent to develop into an Olympic star.

"He lacked confidence at first," Bowman said. "And he was battling a disease (attention deficit hyperactivity disorder). But he overcame all that as he realized his strengths."

Jamaica's Usain Bolt, who won gold on Saturday in the men's 100-metre race, failed to make a local soccer team as a boy.

The Olympics are laden with stories about athletes succeeding after overcoming adversity.

Rower Dominic Seiterle, part of the Canadian men's eight team that won gold in Beijing, couldn't even compete at the 2004 Olympics in Athens because of a serious blood infection that almost took his life. He also overcame thyroid cancer.

Karen Cockburn, the Ontarian who garnered silver on the trampoline in Beijing yesterday, was under a knife less than a year ago after tearing cartilage in her right knee. And then there was Ontarian Ian Millar finally winning a silver in equestrian, in his ninth Olympics appearance, at age 61.

Remarkable comeback stories go on and on. They're as fascinating as the Olympic competitions themselves. And they teach us nifty lessons about perseverance.

Marty York has been a groundbreaking sports columnist and broadcaster in Canada for decades.

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Some help for HIV patients
The side effects of AIDS drugs — including increases in belly fat, elevated blood pressure, and high triglyceride levels — are significantly reduced by very small doses of growth hormone, according to the results of a new trial. REUTERS

Health

The benefits of cocoa

Next time you have a chocolate craving, try reaching for something that provides more than just a sweet fix. Chocolate+Plus, a new brand exclusive to Shoppers Drug Mart and Pharmaprix, is a healthier alternative to the traditional chocolate bar snack. It's made of gourmet chocolate infused with calcium, probiotics and vitamins. The 50g bars are available in eight flavours and cost $2.49. METRO NEWS SERVICE

EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONEWS.CA

Maximize your workout time

FITNESS Here are the three key principles to give you the most efficient, weight loss workout every time, courtesy of BootyCampFitness.com:

1. High Intensity Interval Training (HIIT) Forget walking for 60 minutes every day. Who has time for that? A 10-15 minute HIIT cardio workout burns more fat.

2. Combine Resistance & Cardio Training Not only do you burn more calories during the workout if you combine cardio with resistance training, but it boosts your metabolism after the workout because of the resistance portion.

3. Muscle is Metabolism You need to challenge your muscles by working them harder and harder each time. Progressive strength training can be done with body weight, free weights, or machines. NEWS CANADA

Urban bodies

Densely populated areas boast lower rates of obesity, research shows

CELIA MILNE
for Metro Canada

Ongoing research in Canada shows that people who live in the urban core (and who use public transit) are generally thinner than suburbanites.

"Our research shows that people who take public transit have lower obesity rates than those who drive," says Lisa Votta, a senior researcher at the Canadian Institute for Health Information in Ottawa. "They are getting some physical activity walking to the bus stop or the subway, as opposed to using cars."

This parallels new research at the University of Utah that shows people who live in newer neighbourhoods (built after 1950) are more likely to be obese than those who live in older, more walkable neighbourhoods. Researchers studied the heights and weights, as well as neighbourhood characteristics, of nearly half a million residents of Salt Lake County. Older neighbourhoods that are densely populated and more friendly to pedestrians were associated with lower rates of obesity than those where people mostly drove.

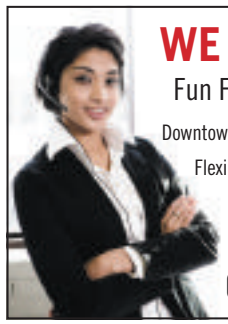
For instance, a typical woman of average height (five feet five inches) who lived in a walkable neighbourhood tended to weigh six pounds less than a woman living in driving-oriented area. For men, the difference was 10 pounds. The Utah study noted that about 70 per cent of men and 61 per cent of women in the U.S. are overweight.

For each daily extra hour spent in the car, the likelihood of obesity is raised by six per cent, says Votta.

AARON LYNETT/TORSTAR NEWS SERVICE

New research at the University of Utah shows people who live in newer neighbourhoods (built after 1950) are more likely to be obese than those who live in older, transit-friendly neighbourhoods.

"Our research shows that people who take public transit have lower obesity rates than those who drive." — Lisa Votta, Canadian Institute for Health Information



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The Olympics couch potato

HineSight

Anne Hines

The Olympic games. What better way to celebrate the power and majesty of human athleticism than to hole up on the couch for two weeks and watch it all on TV?

For those wishing to participate at the highest level of Olympic Watching, here is The Couch Potato (our slogan: "Just view it!") Guide to the Olympics.

Tip #1: Move away from the remote and no one will get hurt.

In our house, deciding who gets control of the channel changer is a tougher event than Olympic wrestling. The key to enjoying Olympic viewing is not to develop "channel envy." This is a medically recognized, psychological condition described as: "The persistent and compelling feeling that whatever you're watching on CBC, something better is likely happening on NBC." A bad case of this has resulted in my missing the American men's gymnastics upset and every one of Phelps gold medal wins.

Tip #2: Know your limit and watch within it.

Around midnight I become deeply committed to knowing the outcome of sports I previously had never heard of.

For anyone who did not properly prepare for the upcoming Olympics by weaning yourself off the need to sleep, keep this in mind: just because you can stay up until 2 a.m. watching Norwegian women's ping-pong finals, doesn't mean you'll respect yourself for it in the morning. Somehow, around midnight I become deeply committed to knowing the outcome of sports I previously had never heard of. Choose a viewing limit and when you reach it, turn off the TV. I mean, unless the men's skiff dinghy racing is on. Or the Cuban team is playing whirly ball. Or…

Tip #3: Prepare for post-Olympic blahs.

While the athletes may take home golds, silvers and bronzes, TV viewers are often left with the blues. Use this moment to commit yourself to the kind of rigorous endurance testing the Olympic games inspire. Then, rent all eight seasons of The Sopranos and go for gold.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.

In brief

WATER'S CLEANSING POWER
Detoxification is the first step in any weight loss program. Drink at least eight to 10 glasses of filtered, distilled, or spring water each day. Add a few drops of fresh lemon juice to boost water's cleansing potential. Water also helps to curb the appetite. When you're hungry, drink a large glass of water first.

RETHINK YOUR DEODORANT
Before you buy your next deodorant, look for products that use natural ingredients rather than propylene glycol and ethylhexylglycerine. The botanical flora on the surface of the skin may differ from one person to another, so try natural brands containing different antibacterials.

JUICERS 101 To make fresh juices at home, invest in a good juicer. Experts agree that the best kind is the masticating juicer, which chews or masticates the plant pulp to extract the juice. Electric centrifugal juicers are also good; a pulp-ejecting model makes processing easier. ALIVE MAGAZINE

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Bittersweet performance at V-Fest

The Verve defied rumours of another split by headlining the U.K. version of the Virgin Festival last weekend. During their set, the band combined new material from their forthcoming album Forth with a host of fan favourites including Bitter Sweet Symphony. MUSIC-NEWS.COM

Entertainment

Iran gig delayed

A Chris de Burgh concert set for Iran this fall has apparently hit a snag, with the country's Culture Ministry denying it has granted authorization, CBC reports.

METRO NEWS SERVICES

EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONEWS.CA

Snakecharming the masses

Montreal rockers The Stills drop new album following McCartney opening gig

IAN NATHANSON
for Metro Canada

Midway through a recent concert from The Stills, several masked drummers joined the group onstage to add extra percussive oomph to a new tune called Snakecharming the Masses.

Was this foretelling a bold conceptual direction for the Montreal rockers' third album, Oceans Will Rise, on which the song appears?

"We have some good friends who belong to an art group," Stills singer/guitarist Tim Fletcher explains. "When we asked them to come up on stage with us, they brought these masks and hoodies with them and said, 'All right, we're gonna dress up like tribal terrorists and hit some drums.' "

Ambitious indeed. Other than a YouTube video, the song had yet to fully reach a mass audience.

Then again, The Stills have some previous experience snakecharming the masses, albeit under different musical circumstances. Featured in Rolling Stone and as one of MTV's Ten Artists To Watch in 2003, the group's full-length debut, Logic Will Break Your Heart, drew raves for its '80s dark new wave and comparisons to Echo & The Bunnymen and Joy Division.

The Stills' new album Oceans Will Rise was released today.

But by 2006's Without Feathers, The Stills veered towards more peppier, sparse classic rock. Internally, guitarist and founding band member Greg Paquet left, drummer Dave Hamelin switched to guitar and touring keyboardist Liam O'Neil and drummer Julien Blais were eventually added as permanent members.

"The first two records were us being thrown into this new world that, with our own neuroses, was tough to understand and get comfortable with at first," Fletcher says. "Now, as a band, we're much more comfortable together."

Still, more changes ensued: A label move from Vice Records to Arts & Crafts and another musical shift towards ambitious indie rock. Neither, however, could have prepared Fletcher, Hamelin, O'Neil, Blais and bassist Olivier Corbeil for their next shot.

The aforementioned recent concert was a July show in Quebec City to mark the city's 400th birthday. The Stills performed in front of some 250,000-plus people as warm-up acts for the evening's headliner — Paul McCartney.

"We kept hearing about it before we knew we were confirmed to take part," Fletcher says. "None of us believed it was going to happen. But once it was confirmed, we all went, "Oh … My … God! We've got a week to get this together.

"We've played to thousands of people before, but nothing quite like that. It took about a week-and-a-half afterwards for that ex-

VA	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 8/19/08	251	308	3 CBC	(3:00) XXIX Summer Olympics (Live) (CC)				XXIX Summer Olympics (Live) (CC)				
	255	358	5 CH	E! News	The Insider	Real Housewives		Simple Life	Kardashians	Pam	Sunset Tan	News (CC)
	254	-	8 M	Law & Order: SVU		Mandarin News		Cantonese News (N)		Punjabi News (In Punjabi N)		The Simpsons
	250	321	9 CTV	TMZ (N) (CC)	Hollywood	Canadian Idol	The Hills	Without a Trace "Absalom"		Law & Order: SVU		News (N)
	-	-	10 OMNI	According-Jim	George Lopez	Happy Days	Growing Pains	Jeeves and Wooster (CC)		The Daily	Diya (CC)	New Day
	252	336	11 GTV	Entertainment	ET Canada	Wipeout (CC)		Big Brother 10 (N) (CC)		In Plain Sight (CC)		News (N)
	256	389	12 VI	Degrassi	Friends (CC)	Wanna Bet? (CC)		Sarah Connor Chronicles		Without a Trace "Driven"		News (N)
	253	359	13 CITY	Wheel-Fortune	Jeopardy!	Hell's Kitchen (CC)		Reaper "The Leak" (CC)		Reaper "Pilot" (CC)		Reviews
	-	-	14 CW	'70s Show	'70s Show	Beauty and the Geek (CC)		Reaper "The Leak" (CC)		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15 CBS	Entertainment	The Insider	NCIS "Dog Tags" (CC)		Big Brother 10 (N) (CC)		Without a Trace "Driven"		News (N)
	287	379	16 NBC	Evening Mag.	Olympic Zone	XXIX Summer Olympics (CC)						
	602	568	19 W	Will & Grace	Friends (CC)	Maxed Out	Style by Jury	Kim	Style by Jury	How to Look Good Naked		Maxed Out
	288	380	21 ABC	Wheel-Fortune	Jeopardy!	Wipeout (CC)		(:02) Wanna Bet? (CC)		Primetime: Medical Mysteries		News (N)
	-	-	23 KVOS	M*A*S*H	Scrubs (CC)	Balance of Power ★ (1997, Drama) Billy Blanks, Mako.				Cheers (CC)	Scrubs (CC)	Seinfeld
	291	383	27 PBS	Steves Europe	Rudy Maxa	Nova (CC) (DVS)		The Lost Pyramids of Caral		P.O.V. "The Judge and the General" (CC)		
	290	382	28 FOX	Two/Half Men	Two/Half Men	House "The Right Stuff" (PA)		Sarah Connor Chronicles		News (N) (CC)		Family Guy
	-	364	29 PBS	Romance Fly	Wide Angle "Iraqi Exodus"		The Savages	Tavis Smiley	Charlie Rose (N) (CC)		Nova "Missing in MiG Alley"	
	296	654	32 SBK	Frasier (CC)	Frasier (CC)	Cheers (CC)	South Park	Comics Un.	Half & Half	Entertainment	The Insider	Guthy-Renker
	298	653	35 TLA	Two/Half Men	Two/Half Men	Beauty and the Geek (CC)		Reaper "The Leak" (CC)		KTLA Prime News (CC)		Friends (CC)
	295	651	36 WGN	WGN News at Nine (N) (CC)		Family Guy	Two/Half Men	Sex and-City	Friends (CC)	Will & Grace	Will & Grace	My Wife-Kids
	297	652	37 WPX	CW11 News at Ten		Two/Half Men	Friends (CC)	Sex and-City	Will & Grace	Frasier (CC)	George Lopez	Odd Couple
	199	311	76 STR	News (N)	News		Late Show-Letterman		(:37) Fear Itself (CC)		Late Late Show	
news	502	390	23 NW	CBC News: The National (N)		CBC News: The National (N)		CBC News: The National		Bangkok Girl (CC)		National
	500	500	33 CNN	Anderson Cooper 360 (CC)				Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	22 RSP	Sportsnet Connected (Live)		World Combat League (CC)		Best Damn Sports Show		Sportsnet Connected (Live)		Sportsnet
	400	400	30 TSN	(3:30) XXIX Summer Olympics		SportsCentre (Live) (CC)		Boxing Joshua Clottey vs. Zab Judah. (CC)				SportsCentre
	411	457	49 OLN	Adventures	Strand-Peters	Pilot Guides (CC)		Don't Forget Your Passport		Survivorman		Angry Planet
	410	403	54 SCR	Score Tonight		Schwab	Poker: Canadian Open		Score Update	Score Update		Score Update
	417	406	55 SC	Super Bikes!	Super Bikes!	Pinks	Pass Time	Unique Whips		Low Life	SuperCars	Super Bikes!
	416	409	144 GLF	(6:00) Fútbol		Gol TV News		Kings Club	Kings Club	Gol TV News		Gol TV News
family	552	543	25 YTV	Prank Patrol	Prank Patrol	Fries That?	Futurama	Prank Patrol	Mystery Hnt.	Falcon Beach (CC)		Mystery Hnt.
	555	545	50 TEL	George	Tom & Jerry	Tom and Jerry	6teen (CC)	Total Drama	Futurama	Armitage: Dual Matrix (2001, Science Fiction)		
	557	541	51 FAM	That's-Raven	Smart Guy	Zack & Cody	Naturally	Han. Montana	Life Derek	Ned's School	Cory in House	Zack & Cody
	553	546	58 TRE	Comfy Couch	Rolie Polie	Beren. Bears	Dragon	Backyard	Dora-Explorer	Go, Diego, Go!	Treetown	Comfy Couch
cable variety	268	354	5 KNO	Gardens	Recreat. Eden	Peking to Paris (CC)		Portia White: Think on Me		Stewart Marshall: Painter		Leading Edge
	575	583	20 CMT	Home Imp.	Roseanne	CMT30 "Dauphin 2008"		Reba (CC)	Hope & Faith	Home Imp.	Roseanne	Ed (CC)
	570	580	24 MM	Instant Star	Instant Star	Gone Wild	Gone Wild	America's Best Dance Crew		America's Best Dance Crew		Dance Crew
	600	564	29 H&G	The Stagers	Green Force	Holmes on Homes (CC)		Dirty Business	Outside	Colin & Justin's Home Heist		The Stagers
	615	520	31 A&E	The Cleaner (N) (CC)		The Cleaner (CC)		The First 48 "Memphis"		The First 48 (CC)		The Cleaner
	628	584	32 SPKE	(6:00) Star Wars: Episode II -- Attack of the Clones ★★				CSI: Crime Scene Invstgtn.		Star Trek: Voyager (CC)		Deep Space 9
	521	560	34 TLC	Dr. G: Medical Examiner		Can't Stop Growing (CC)		Mystery Diagnosis (CC)		Dr. G: Medical Examiner		Supersize She
	616	522	39 SHO	ReGenesis (CC)		Blue Murder (CC)		Trailer Park	Kenny-Spenny	Eyes Wide Shut ★★★ (1999) Tom Cruise.		
	620	523	40 BVO	Live at the Rehearsal Hall		Law & Order "Past Imperfect"		Without a Trace (CC)		Entourage	Bravonews	Opera Easy
	601	562	41 SLC	Plastic-Perfect	Matchmaker	Newlywed	In Laws	Shear Genius		Plastic-Perfect	Matchmaker	Trading Sp
	520	505	42 DIS	Deadliest Catch (N)		Daily Planet "Goes Green 2"		Mighty Ships "Tregurtha"		Deadliest Catch		How It's Made
	522	506	44 HIS	NCIS "Bloodbath" (CC)		Digging for the Truth (CC)		Finding the Fallen (CC)		NCIS "Bloodbath" (CC)		Crime Stories
	627	528	45 SPC	Battlestar Galactica "Hub"		Stargate SG-1 "New Order"		Star Trek: Voyager "Cathexis"		Star Trek: Enterprise (CC)		Star Trek Gen.
	294	650	47 TBS	The Office	The Office	Sex and-City	Sex and-City	Secondhand Lions ★★★ (2003) (PA) Michael Caine. (CC)				Something
	619	525	48 TROP	News Show	News Show	ET Canada	What	Family Guy	Seinfeld	Seinfeld	Frasier (CC)	Family Guy
	603	561	52 FN	Top Chef "Wedding Wars"		Restaurant Makeover (CC)		Iron Chef America (CC)		HEAT	HEAT	Top Chef
	626	547	57 COM	Air Farce	22 Minutes	Laughs	Corner Gas	The Simpsons	South Park	Comedy Inc.	Jon Dore	Daily Show
	320	621	60 CEN	(6:15) Beowulf & Grendel (CC)		Gabriel ★★ (2007, Fantasy) Andy Whitfield. Premiere. (CC)				Autopsy: Postmortem With		Gabriel (CC)
	581	566	101 MTV	From G's to Gents (N) (CC)		MTV Live	After	Run's House	Run's House	From G's to Gents (CC)		MTV Live
	261	394	102 V	Mystic Women (CC)		The Blue Buddha: In Russia		Quantum Leap		Eyes Down	On the Buses	Paid Program
	-	-	105 MUL	The Land	Daughters	Il Caffe		In Germany	Euromaxx	Schauplatz	Euro. Journal	Patrol World

Gabriel

Visually gripping (a la "The Crow") and more serious than similarly plotted films, this 2007 movie stars Andy Whitfield as the angel Gabriel, who is sent to purgatory to save it from the forces of evil. He tries to find the angels sent before him, but all have succumbed to despair. It's up to Gabriel to renew their hope and their bodies and to battle the leader of all things nasty. Dwaine Stevenson, Samantha Noble and Harry Pavlidis also star. 8 PM on CEN

critics' corner

Wide Angle

One of the more neglected stories from the war in Iraq is told in the new documentary "Iraqi Refugees." More than 4 million Iraqi civilians have been displaced since the war began in 2003, most of them landing in Syria and Jordan. The film follows Syrian-Iraqi Red Crescent workers as they try to help the refugees deal with their new lives and the inevitable hostility from the locals. Aaron Brown hosts. 7:30 PM on PBS

Lily Allen blames label for disc delays

Allen

MUSIC Lily Allen has blamed changes at her record company, EMI, for the delay in releasing her second album, BBC News Online reports.

Allen said her album had "been finished for a while now" and admitted she did not "really know what's going on with it."

Nearly 2,000 jobs were lost after EMI was bought by private equity firm Terra Firma last year.

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Backlash over Pitt film

Brad Pitt and Quentin Tarantino are facing a backlash for their forthcoming World War II film Inglorious Bastards.The movie reportedly stars Pitt as a U.S. Army lieutenant who leads a group of Jewish-Americans dropped into Nazi-occupied Europe to seek revenge. IMBD.COM

RIGHT: Cactus Club president and founder Richard Jaffray finds himself in an envious position between Jennifer Bawa, left, and Christy Wilson at the Flip Flop soiree.

RIGHT: With new food, and a new attitude, Chef Rob Feenie is redefining dining at Cactus Club. Enjoying a cotton candy at the Flip Flop soiree, he is pleased to help provide the goodies for invited guests.

LEFT: Christine Day, left, who was appointed CEO and president of Lululemon this past January, has some fun with daughter Kaleigh at the Flip Flop soiree.

RIGHT: Lululemon's lovely ladies — Sara Gardiner, left, Nathalie Balfour and Josie McGraw have good reason to smile as the Flip Flop soiree is a hit.

ABOVE: Mike Twining, the sexy lead singer for the up-and-coming local band Fully Loaded, raises a glass to success at Vancouver Lawn and Tennis.

Fun on flip flops

SocialEyes

Catherine 'Cat' Barr

info@catherinebarr.com

At first I thought I was seeing things as six Marilyn Monroe-esque beauties strutted the streets in Shaughnessy.

Then I arrived at the door of Lululemon's Old Hollywood style, 7th annual Flip Flop Soiree — and everything made sense. High hairdos, boas and bow ties were the order of the night as guests dressed the part and dined on delectables provided by Cactus Club Cafe. Over the past seven years, the soiree has helped raise more than $400,000 for InspireHealth, Canada's leading not-for-profit integrated cancer care centre.

And speaking of fabulous outdoor parties, the members of the Vancouver Lawn Tennis and Badminton Club celebrated with one of their local traditions and annual bash — the Rio de Janeiro Pool Party 2008. Vancouver's beautiful people and celebs are a mainstay here — and singing star, and local Vancouver hunk Michael Buble, even made a surprise appearance making the ladies drool as things got hot by the pool.

Cat calls? Please visit www.catherinebarr.com to submit your event or e-mail info@catherinebarr.com.
She can also be heard on The Buzz 1410 AM Radio Tuesdays at 4:30 pm.

RIGHT: Pretty Traci Myles celebrates with Jay "Mavi" Soh at the Brazilian themed Vancouver Lawn and Tennis party.

LEFT: Producer/filmmaker Carrie Wheeler, left, and Ask a Woman owner Tammy Preast come out to support a good cause at the Flip Flop soiree.

LEFT: Partying with other VIPs at the Vancouver Lawn and Tennis bash are Jen Nguyen and Randy Hildebrandt.

LEFT: Vancouver Lawn and Tennis' Nancy Sinclair, left, and Amanda Bostik welcome singing superstar Michael Buble to the club's party.

LEFT: Jewelry designers Danielle Wilmore, left, and Wade Papin chat with CTV news anchor Coleen Christie at the Flip Flop soiree.

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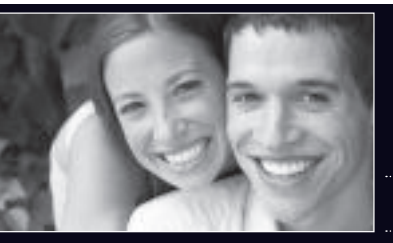

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How mother of three got Housewives' role

Felicity Huffman landed her role in Desperate Housewives in a shocking audition when she complained about the pitfalls of motherhood, stunning casting directors. IMBD.COM

Celebrity Buzz

Barr bashes Brangelina

BLOG Roseanne Barr says Angelina Jolie is "evil" and her hubby Brad Pitt "vacuous," tmz.com reports.

Roseanne went insane on her blog, scoffing that Jolie likes Republican presidential candidate John McCain but hasn't decided whom to endorse.

Roseanne rants, "Do you not know that the African daughter you hold in every picture had parents who suffered and died because of the Republican Party's worldwide economic assault on Africa?"

She also mentions two of the other kids are Vietnamese and Thai (actually Maddox is Cambodian), saying their real families are "victims of America's right-wing military incursions."

Roseanne goes on to claim that Brad brings in $40 million US a year in violent, psychopathic films and gives away a relatively paltry $3 mil "to starving children trying to look as if they give a crap about humanity."

METRO NEWS SERVICES

GETTY IMAGES PHOTOS

Phil's bills: Love costly for Collins

DIVORCE The third time was certainly not the charm for Phil Collins, who's facing yet another pricey divorce, People.com reports.

After six years of marriage and two children, the musician's former wife, Orianne Cevey, 35, has received $46.76 million US from Collins, 57, reports Britain's Daily Mirror. The record settlement tops by some $2 million what Paul McCartney gave Heather Mills earlier this year.

Collins is no stranger to expensive breakups. Second wife Jill Tavelman received $34 million after he ended their relationship by fax in 1994.

In all, according to a Daily Telegraph tally, Collins's divorces have cost him $84 million — nearly a third of his estimated $280 fortune. Collins and Cevey met on tour in 1994 while she was working as a translator. Their children are Nicolas, 8, and Matthew, 4.

Collins also has three other children: Lily, from his marriage with Tavelman, and Simon and Joely, from his first marriage – to Canadian-born Andrea Bertorelli. That union ended in 1979.

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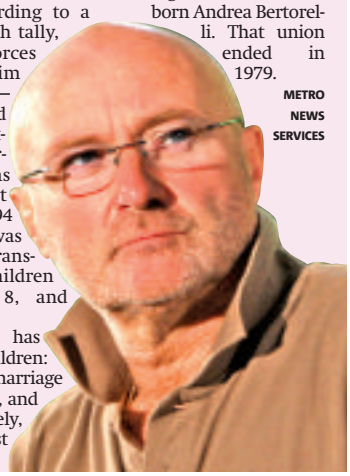


celebrity brief

Madge's li'l bash

BIRTHDAY Madonna celebrated her 50th birthday Saturday at London club Volstead. "It was a small party," a source confirms to People.com. "A private event for her close family and friends. It was low key."

The elaborate bash was organized by her husband Guy Ritchie. Highlights of the evening, included Madonna's daughter Lourdes serenading her on piano and illusionist David Blaine performing card tricks.

METRO NEWS SERVICES

celebrity brief

Paltrow draws PETA's wrath

FUR Gwyneth Paltrow is the latest celebrity to feel the wrath of anti-fur campaigners, femalefirst.co.uk reports.

The actress has angered PETA by appearing in the campaign for Tod's latest collection wearing fur-lined boots and promoting animal-skin bags, despite being a vegetarian.

PETA have criticized Gwyneth for setting a terrible example by taking money for the advert: "Gwyneth Paltrow won't be the apple of her daughter's eye if she continues to flaunt fur," said a PETA spokesperson in an interview.

"Gwyneth Paltrow should be ashamed. I can only assume that Paltrow either is ignorant of the facts or lacks human decency and compassion," added Mark Glover, director of Respect for Animals.

METRO NEWS SERVICES

Kardashian a techno whiz

PERFORMANCE Kim Kardashian gave her boyfriend a sneak preview of her routine with the Pussycat Dolls via webcam, femalefirst.co.uk reports.

The curvy socialite was so keen to find out what lover Reggie Bush thought of her sexy outfit and raunchy dance moves that she put on a private showing for him ahead of her live performance with the dance troupe in Las Vegas last Friday night.

She said: "I did iChat with Reggie and I had my costume on for his approval. I did my whole dance for him when I was practicing. He thought it was so cute. He said, 'Please videotape it so you can send it to me right after.'"

Following the performance, Kim said: "My first part of the show started off in the bathtub in the middle of the club in a vintage, all-sequin, one-piece bathing suit with puff sleeves and a beach ball! But my second look was my favourite! A white bedazzled sailor suit. It even had a Kim patch on the sleeve! It went amazingly well and was the best experience ever!"

METRO NEWS SERVICES

celebrity brief

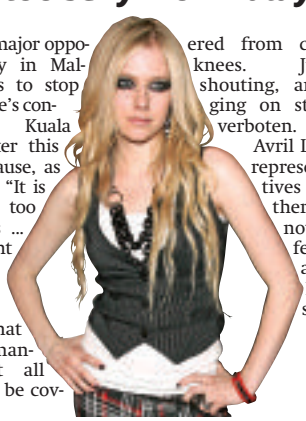
Avril "too sexy" for Malaysia?

MUSIC The major opposition party in Malaysia wants to stop Avril Lavigne's concert in Kuala Lumpur later this month because, as they put it, "It is considered too sexy for us ... we want clean artists."

Tmz.com reports that Malaysia mandates that all performers be covered from chest to knees. Jumping, shouting, and hugging on stage are verboten.

Avril Lavigne's representatives say there's nothing offensive about her show.

METRO NEWS SERVICES



Cameron Diaz cashing in

MONEY According to msn.com, Cameron Diaz topped the list of highest paid actresses (including endorsements) between June 1, 2007, and June 1, 2008. She raked in $50 million US, thanks in large part to her lucrative recurring role in DreamWorks' Shrek franchise.

Diaz also hit the big screen opposite Ashton Kutcher in 20th Century Fox's spring comedy What Happens in Vegas.

Keira Knightley places No. 2 on the list, with annual earnings of $32 million.

Third is Jennifer Aniston, who collected $27 million for the year.

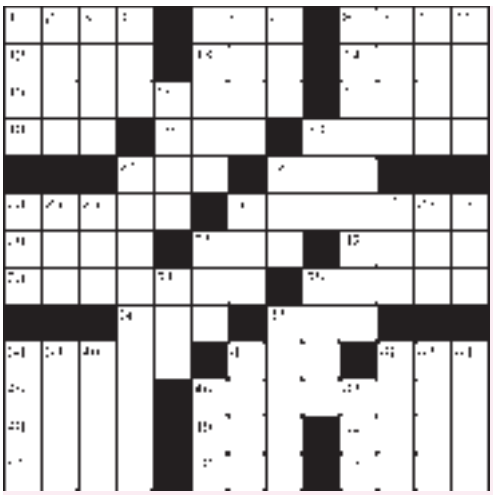
Tied for fourth place on the list: Reese Witherspoon and Gwyneth Paltrow. Each actress took in about $25 million.

METRO NEWS SERVICES

Lennox in recovery

Annie Lennox has had successful spinal surgery for a back injury she sustained in Mexico while attending this month's International AIDS conference, people.com reports. METRO NEWS SERVICES

Take Five



Crossword down

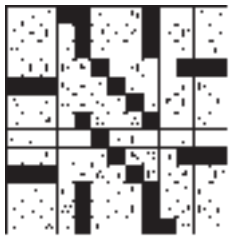
1 Quail group
2 On the briny
3 Quest for adventure
4 Pair on stage
5 Long-legged shorebird
6 Thrill
7 Verily
8 Truthful
9 Beyond eager
10 Farmer's wife's quarry
11 Trudge
16 Requirement
20 Write in the margins
21 Burlingtonian, e.g.
22 Pooch
23 Golfer Ernie
24 Kitten's remark
25 Arthur of "The Golden Girls"
26 Pie ingredient?
27 Scepter topper
28 Beak
29 Sauce source
31 Lustrous black
34 Prize-fighter
35 KFC flavorer
37 Tales
38 Impale
39 Unrivaled
40 Greek vowel
41 Laborer
42 Zetas' followers
43 Showbiz jobs
44 Leave out
46 Compete
47 Intensify, with up

Play more games online at: metronews.ca

Crossword across

1 Hairless
5 The air up there
8 Improvise
12 Birthright barterer
13 Neckwear
14 Satan's specialty
15 Archie's brunette girlfriend
17 Puerto —
18 Tibetan bovine
19 Moose's cousin
20 Blasé
21 Animal treater
22 Happy companion?
23 Enclose tightly
26 Gestures
30 Ogler's look
31 Moonshine container
32 Sandwich cookie
33 Overwhelmed
35 Spouse
36 Chic no longer
37 "Of course"
38 David's weapon
41 Standard
42 "I" strain
45 Horn sound
46 Not paraphrased
48 Initial chip
49 Charged bit
50 Crèche visitors
51 Tolerate
52 Type measures
53 "Hey, you!"

previous day's answer



Horoscopes

AVATAR VENUS

ARIES ♈
MARCH 21-APRIL 20
There'll be a meeting to discuss property. Think fast at a job site. A recent change will become beneficial.

TAURUS ♉
APRIL 21-MAY 21
Indulgence in leisure activities is delayed. A friend introduces a helpful person. Meet with others to deal with bullying.

GEMINI ♊
MAY 22-JUNE 21
Details will be misunderstood. Be attentive to people's feelings and all will be well. Questions about health and family will crop up.

CANCER ♋
JUNE 22-JULY 22
Policy changes can bring relief. Seek out a miracle and take responsibility. The grass isn't greener anywhere else.

LEO ♌
JULY 23-AUG 23
Don't create chaos at a gathering. Delight develops when you indulge in music. Grant a request as soon as possible.

VIRGO ♍
AUG 24-SEPT 22
Join a group that supports your interests. A troubled person will ask for help. A dream will cause revamping of your plans.

LIBRA ♎
SEPT 23-OCT 23
Triumphing over your workload will satisfy you. Someone wants sympathy for a lost cause. A buddy needs funds to do good deeds.

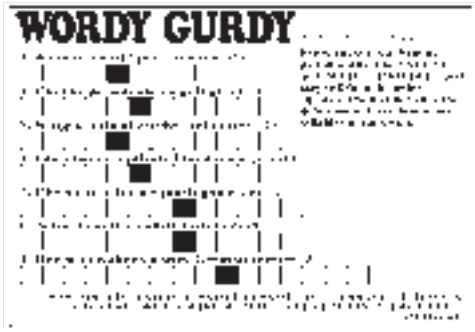
SCORPIO ♏
OCT 24- NOV 22
Don't be a fool for love. Put off telling someone about a realization. A woman carries out a nefarious plan.

SAGITTARIUS ♐
NOV 23- DEC 21
Money will be discussed with a frosty person. Ask discreetly about the reasons for a breakup. Brave words will be spoken.

CAPRICORN ♑
DEC 22-JAN 20
A housemate will change plans. An ambiguous experiment will have good results. Poor work habits will give rise to a lecture.

AQUARIUS ♒
JAN 21-FEB 18
Save yourself from anxiety. Don't play the heavy with a buddy. Avoid stimulating activities or you won't get to sleep.

PISCES ♓
FEB 19-MAR 20
A passionate debate with a loving person leads to goodwill. Be very clear when giving advice. A boy will take a risk by sleeping in



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Sudoku

	4				1		6	3
		6			5	9		
								4
4	6		9			1		
5			7		3			2
		7			6		8	5
6								
		3	5			7		
9	2		8				1	

This day in history

AUG. 19, 1692: Salem witch trials: In Salem, Mass., five people, one woman and four men, including a clergyman, are executed after being convicted of witchcraft
AUG. 19, 1919: Afghanistan gains full independence from the United Kingdom.
AUG. 19, 1934: The creation of the position Führer approved by the German electorate with 89.9% of the popular vote.
AUG. 19, 1960: Sputnik program: Sputnik 5 - The Soviet Union launches the satellite with the dogs Belka and Strelka, 40 mice, 2 rats and a variety of plants.

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HOW TO PLAY SUDOKU:
The digits 1 through 9 will appear exactly once in each row, each column, and each zone. (A zone is an outlined 3x3 grid within the larger puzzle grid. There are nine of these zones in the puzzle.) Do not enter a digit into a box if it already appears elsewhere in the same 3x3 zone, or in the same row across the puzzle, or column down the puzzle.

previous day's answer

5	7	8	1	6	3	4	9	2
1	9	3	4	2	5	8	7	6
4	6	2	9	8	7	1	5	3
9	4	7	3	1	2	5	6	8
2	8	1	5	7	6	9	3	4
6	3	5	8	9	4	2	1	7
8	1	6	2	3	9	7	4	5
3	2	4	7	5	1	6	8	9
7	5	9	6	4	8	3	2	1

SUDOKU SOLVE TIME IN MINUTES:

Under 13. . . . . Genius
13-17 . . . . . Scholar
17-21. . . . . Smart
21-25. . . . . Not bad
25+ . . . . . Keep practising

more games metronews.ca

Vancouver weather

The Weather Network theweathernetwork.com

Afternoon	Tonight	Wednesday	Thursday	Friday
40%	90%	100%	90%	60%
Showers. 20°	Rain. Low 16°	Rain. 18°/14°	Rain. 17°/15°	Rain. 18°/13°

Temperature
Normals
High: 21.6°
Low: 12.8°

Records
High: 28.3°/1941
Low: 8.3°/1945

Sunrise: 6:11 a.m.
Sunset: 8:20 p.m.
Moonset: 9:36 a.m.
Moonrise: 9:09 p.m.

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- Features included: Call Waiting and Conference Calling[2]

BONUS: 3 months unlimited local talking[3]

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Lougheed Mall
Marine Way Market
Metrotown Centre
Metropolis at Metrotown
Metropolis at Metrotown kiosk

CHILLIWACK
Cottonwood Mall

COQUITLAM
Coquitlam Centre

CRANBROOK
First Pro Cranbrook

DELTA
Scottsdale Centre

FORT ST. JOHN
8820-100th St.

LANGLEY
Walnut Gate
Willowbrook Corner
Willowbrook Mall

MAPLE RIDGE
Haney Place Mall

NEW WESTMINSTER
Queensborough Landing

PITT MEADOWS
Meadowtown Centre

RICHMOND
3675 Westminster Hwy
Aberdeen Centre
Blundell Centre
Richmond Centre
Sands Plaza

SQUAMISH
40446 Government Rd.

SURREY
13630 72nd Ave.
Guildford Town Centre
Nordel Crossing
Panorama Village
Semiahmoo Shopping Centre

VANCOUVER
567 Seymour St.
698 West Broadway
1008 West Georgia St.
1100 Robson St.
1588 West Broadway
1709 Lonsdale Ave.
2154 West 4th
2315 West 41st
Bentall Centre
Capilano Mall
Chinatown Plaza
Lynn Valley
Oakridge Centre
Pacific Centre
Park Royal N.
Park Royal S.

OKANAGAN

CASTELGAR
635 Columbia Ave.

KAMLOOPS
Aberdeen Mall
Inside Real Canadian Superstore
Lansdowne Village
Sahali Centre Mall

KELOWNA
948 McCurdy Rd
Dilworth Shopping Centre
Orchard Park Shopping Centre

PENTICTON
Peachtree Square

PRINCE GEORGE
Pine Centre

QUESNEL
259 Reid St.

VERNON
4710 31st St. Unit 106
Village Green Mall

WILLIAMS LAKE
Boitanio Mall

VANCOUVER ISLAND

NANAIMO
Country Club Centre
Woodgrove Centre

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Hillside Shopping Centre
Mayfair Shopping Centre
Westshore Town Centre

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COURTENAY
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